

of the community and to the elevation of the standard of professional acquirements.

A few words in conclusion with regard to the rise of prevention of disease : of its subsequent progress through the instrumentality of Provincial and Local Boards of Health, several of the gentlemen present who have prepared papers on the subject will inform you. First, with regard to vaccination and re-vaccination, a practice which has effectually subdued in every country where it has been thoroughly introduced, one of the most frightful scourges of the human race. We know now only by tradition the ravages of small-pox, as it existed in the time of Lady Mary Wortly Montagu, who first introduced from Constantinople and the East generally, the practice of inoculation with the virus of small-pox, as a palliative of the disease taken naturally, and it would again infallibly exist were the barriers of vaccination from the cow, and re-vaccination at least every seven years abandoned. Hardly inferior to this scourge at that period was scurvy, at sea principally, but also in some cases on land. The sufferings and destruction produced by this horrid disorder on board of our ships in the navy and mercantile marine after a few months' voyage would seem at this date almost incredible. Deaths were then recorded amounting to eight or ten a day in a moderate ship's company, bodies sewn up in hammocks washing about the decks for want of strength and spirits on the part of the miserable survivors to cast them overboard, and through every form of loathsome and excruciating misery of which the human frame is susceptible. Mr. Johnson, in the year of 1778, described a sea life in the following terms : "As to the sailor when you look down from the quarter-deck to the space below, you see the utmost extremity of human suffering, such crowding, such filth, such stench. A ship is a prison with a chance of being drowned, it is worse, worse in every respect—worse room, worse air, worse food, worse company." Dr. Smollett also gives a lively picture of a sea-faring life. At the present time scurvy is completely eradicated from the navy and mercantile marine. Mainly to the persistent representations of Sir Gilbert Blane in 1795 there was a systematic introduction of an abundant supply of fresh meat, vegetables, and exhibition of lemon or lime juice three times a day, established. In conjunction with this, due attention to cleanliness, ventilation, and dryness in interior

economy of the ship, very moderate use of spirituous liquors, if allowed at all, and the proper following up of isolation hospitals on deck for infectious diseases, should they occur.

I am sensible, gentlemen, that with the numerous papers to be read during the three-days' session of this convention that I am trespassing too long on your time, I therefore bring these desultory reminiscences to a conclusion, with the expression of thankfulness that I have lived long enough to have witnessed the universal awakening of the people to the important subject of Hygiene, and to the hearty co-operation of the Government, Provincial and Federal, in carrying out all measures of sanitary reform.

HOW TO PREVENT CONSUMPTION.

BY I. J. CASSIDY, M.D., TORONTO, A PAPER READ ON AUG. 15TH BEFORE THE LINDSAY MEETING OF THE ASSOCIATION OF EXECUTIVE HEALTH OFFICERS OF ONTARIO.

THE annual mortuary returns of the Registrar General of Ontario show that consumption continues to be the principal cause of death among the population of this Province. Thus in 1877, while the total number of deaths from specified causes was 19,260, the deaths from consumption were 2,157, or 11.2 per cent. From 1877 up to 1886, when the last returns were made, consumption heads the list of causes of death in Ontario. In 1886 the whole number of deaths from specified causes was 22,371, and the deaths from consumption were 2,419 or 10.8 per cent. of the whole.

The mortality from consumption in Ontario is not, however, greater than in other countries, as the following extracts show :

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| England, 1 in every 5.5 deaths was from consumption. | | | | |
| Ireland, " " 8.4 " " " " | 8.4 | " | " | " |
| Massachusetts, " 6.4 " " " " | 6.4 | " | " | " |
| Connecticut, " 8.0 " " " " | 8.0 | " | " | " |
| Minnesota, " 10.8 " " " " | 10.8 | " | " | " |
| Rhode Island, " 7.0 " " " " | 7.0 | " | " | " |
| Ontario, " 9.5 " " " " | 9.5 | " | " | " |

As consumption is therefore proved to be the most important factor of mortality in all civilized countries, the consideration of any means of preventing it must be of the first importance.

Before drawing your attention to that portion of my subject, I shall mention certain causes or influences, which are said to predispose to consumption. In Wood's edition of Parkes' Practical Hygiene, published in 1884, the author writes about the lessened death-rate from consumption at Gibraltar as